

TERRIBLE TUESDAY: 3/4/24

Warm-Up (300 yards)

- **1x300**, 100 Swim/100 Kick/100 Choice

(300)

Drill Set “longer streamlines” (300 yards)

FINNS OPTIONAL

- 4x25s dolphin kick (as far as you can underwater)
- 4x50s focus on long streamline out of flip turn

(600)

Main Set 1 (1000 yards)

(2X through)

– **1x150** Free, build by 50

on 2:30/2:45/3:00

– **2x100** IMs

on 2:00/2:15/2:30

– **3x50** Free, descend 1-3

on :55/1:00/1:05

(1600)

Main Set 2: idk get tired I guess (1200 yards)

(2X through)

- 8x25s Variable Speed

on :30/:35/:40

- 1x300 Locomotion

on 3:30/3:45/4:00

- 8x25s IMO

on :30/:40/:50

(3000)